CDC Quick Tips. Recommendations for operating and using public swimming pools

Pool Operation
- Obtain state or local authority-recommended operator training. Suggested national training courses are listed at http://www.cdc.gov/healthyswimming/courses.htm
- Maintain free chlorine levels continuously between 1-3 parts per million
- Maintain the pH level of the water at 7.2-7.8
- Test disinfectant levels at least daily (hourly when in heavy use)
- Scrub pool surfaces, particularly tile, to remove any slime layer
- Maintain filtration and recirculation systems according to manufacturer recommendations
- Maintain accurate daily records of disinfectant and pH measurements
- Educate pool users about appropriate pool use (see www.cdc.gov/healthyswimming for brochures, fact sheets, posters)

Pool Users
- Be Proactive
    - Learn about recreational water illnesses (RWIs) and make sure other users and your pool operator know as well
    - Ask that pool management spread the word about RWIs to the pool staff and to pool users
    - Let your pool operator know that the health and well being of all swimmers is a priority
- Healthy Swimming Behaviors
    - Refrain from swimming when you have diarrhea
    - Avoid swallowing pool water or even getting it in your mouth
    - Shower before swimming and wash your hands after using the toilet or changing diapers
    - Take children on bathroom breaks often
    - Change diapers in a bathroom and not at poolside
- Questions for Pool Staff
    - Did the staff receive specialized training to prepare for operating the pool?
    - How often are chlorine and pH levels checked?
    - Are these levels checked during times when the pool is most heavily used?
    - What was the health inspector's grade for the pool at its last inspection?
- Additional Pool Safety
    - Keep an eye on children at all times, kids can drown in seconds and in silence
    - Protect against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVG protection, and be sure to re-apply it after swimming
    - Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers